



*Of winter's lifeless world each tree
Now seems a perfect part;
Yet each one holds summer's secret
Deep down within its heart.*

- Charles G. Stater

**We Create Community. . . Through Our People,
Programs and Partnerships!**



NOV/DEC

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THE COSTA MESA SENIOR CENTER

This multipurpose Center is governed by the independent nonprofit Costa Mesa Senior Corporation. The Mission of the Corporation and the Center is to maximize the quality of life among the older adult population of Costa Mesa and surrounding communities through provision of programs that will:

1. promote dignity and self-esteem;
2. foster independence and self-determination;
3. facilitate social interaction and involvement in community life; and
4. dispel stereotypical and negative myths about aging.

Costa Mesa Senior Center

695 W. 19th St., Costa Mesa, CA 92627
(949) 645-2356 Fax (949) 645-4804
Monday - Friday, 9:00 a.m. - 5:00 p.m.
Email: info@costamesaseniorcenter.org
Website: costamesaseniorcenter.org

Executive Committee of Board

Judy Lindsay, President
Joan Weeks, Vice President
Ron Frankiewicz, Treasurer
Paul Flanagan M.D., Secretary

Board Members

Stella Adkins, Judy Berry, Phyllis Daugherty, Dena Curtiss
Kathleen Eric, Ernie Feeney, Arlene Flanagan
Reza Mahdavi, David Stiller

City Representative

Donna Theriault, Management Analyst

Next Board Meeting

Tuesday, November 20, 2012 at 7:30 a.m.

Staff

Aviva Goelman, Executive Director, ext. 20
Marian Criss, Administrative Assistant, ext. 16
Darryl Kim, Program Director, ext. 15
Cecilia Zhang, Fiscal Officer, ext. 28
Charu Mody, Social Services Coordinator, ext. 24
Erica Sepulveda, Center Coordinator, ext. 13

Community Senior Serv - (949) 631-8171

Natalia Abgaryan-Gunter, Nutrition Site Manager
See page 9 for more information.

Center Travel - (949) 645-1032

Phyllis Daugherty, Travel Chairperson
See Travel insert for more information.

Health Screening - (949) 645-2356, ext. 18

Cheryl Lowes, R.N., P.H.N.
See page 10 for more information

How to Include the Costa Mesa Senior Center in Your Will

By including the Costa Mesa Senior Center in your will, you can ensure that your support of the center will continue in perpetuity.

There are several ways to make gifts to support the work of the Costa Mesa Senior Center through your will and language you can suggest to your attorney to help you accomplish your goals.

Percentage - "I give, devise and bequeath to the Costa Mesa Senior Corporation for the support of the Costa Mesa Senior Center located in Costa Mesa, California, _____% of the residue of my estate."

Dollar Amount - "I give, devise and bequeath to the Costa Mesa Senior Corporation for the support of the Costa Mesa Senior Center located in Costa Mesa, California, the sum of \$_____."

Specific Property - "I give, devise and bequeath to the Costa Mesa Senior Corporation for the support of the Costa Mesa Senior Center located in Costa Mesa, California, my interest in (describe the property, and/or its location, address, license number, etc.)."

Your bequest can be unrestricted as to its use, or restricted for a specific purpose such as scholarships, an endowment, capital or equipment purchases, or a specific center program. For more information on including CMSC in your estate plan please contact your financial advisor.

Donations made to the Costa Mesa Senior Center are tax deductible as charitable contributions.



Date: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: (____) _____

Please make check payable to the Costa Mesa Senior Center.

Remit completed form to: Costa Mesa Senior Center
695 W. 19th Street
Costa Mesa, CA 92627

Disclaimer: *The Costa Mesa Senior Center Corporation does not assume responsibility for errors, omissions or misinformation, nor do we recommend, endorse or guarantee products, professional services, or personal opinions expressed.*

In keeping with the mission of providing a variety of programs and services for the enjoyment of all seniors using the Senior Center, please be aware that classes and services may be added or deleted and schedules rearranged without prior notice.

CALENDAR OF EVENTS

NOVEMBER

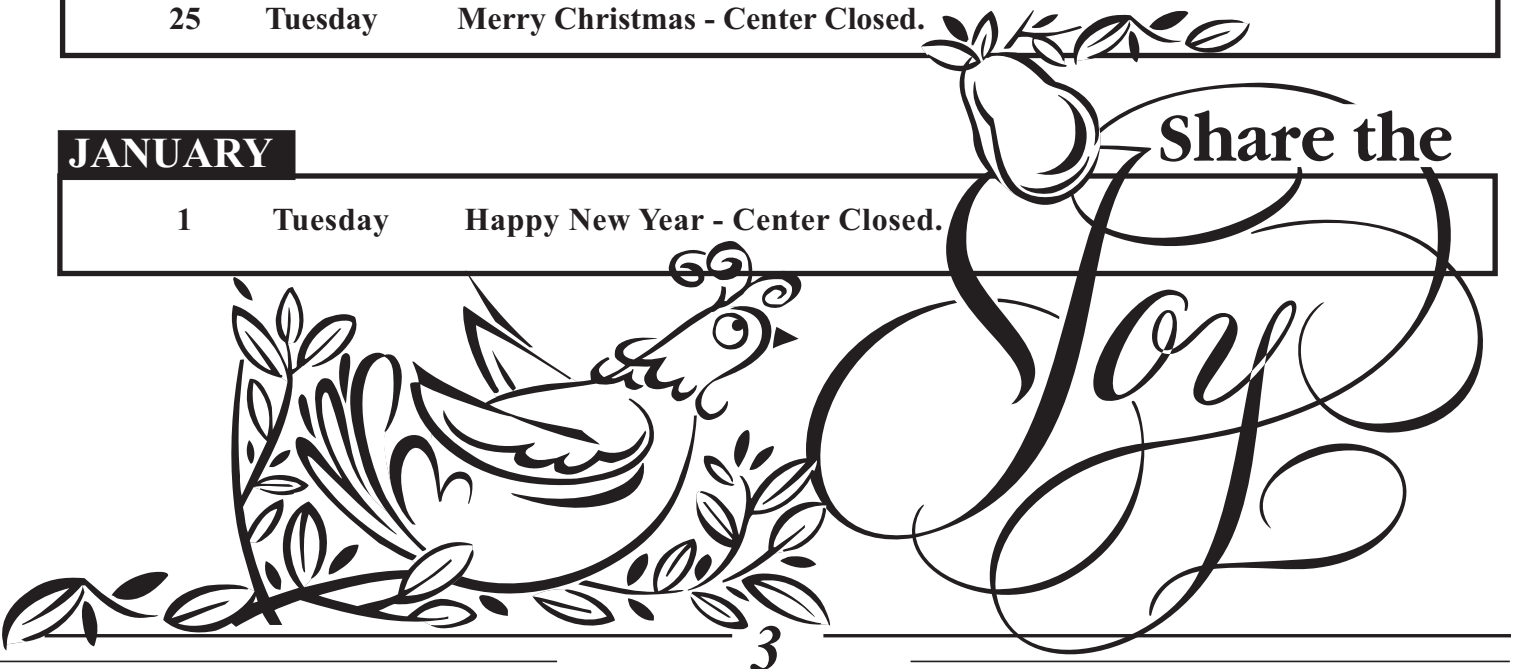
2	Friday	Gift Shop Holiday Sale 9:00 am - 2:00 pm MP B
6	Tuesday	Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
12	Monday	Veterans' Day - Center Closed
20	Tuesday	Board of Directors Meeting 7:30 am. Meeting room.
		Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
21	Wednesday	Thanksgiving Brunch 11:30 am - 1:00 pm. Turkey and all of the fixings. Fee: \$5.00
22	Thursday	Happy Thanksgiving - Center Closed
23	Friday	Center Closed

DECEMBER

4	Tuesday	Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
18	Tuesday	Ballroom Dancing 7:30 - 10:30 pm. Live music, refreshments. Join the fun and make new friends. Fee: \$5.00
24	Monday	Breakfast with Santa 11:30 am - 1:30 pm. Fee: \$10 members/\$15 Non-members.
25	Tuesday	Merry Christmas - Center Closed.

JANUARY

1	Tuesday	Happy New Year - Center Closed.
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Classes & Activities

ARTS & CRAFTS

KNITTING GROUP

Volunteer instructor, Jackie Johnson, will assist anyone with difficult patterns or just brushing up on rusty skills.

DAY	TIME	ROOM	COST
Tues.	1:00-3:00 PM	B	\$.25/Day

MARSHALLESE ISLAND CRAFTS

Come learn the ways of the island by making authentic crafts using pandanus leaves. Instructor: Greta Briand.

DAY	TIME	ROOM	COST
Wed.	1:30-2:30 PM	M	FREE!

PAINTING WORKSHOP

This class is designed for the beginning and intermediate painters.

DAY	TIME	ROOM	COST
Tues./Fri.	2:30-4:30 PM	M	FREE!

QUILTING

Come learn to quilt or just have fun making quilts for family and friends, and continue the traditions of American quilts. Instructor: Dorothy

DAY	TIME	ROOM	COST
Mon.	1:00-3:00 PM	AC	FREE!

SCRAPBOOKING CLASS

Learn to preserve photos and journals to be enjoyed by friends and family for generations. Make your album come to life by using many craft techniques and colorful enhancers. Gather your photos and bring them to class; we will show you how to get started. Instructor: Donna Bunnell.

DAY	TIME	ROOM	COST
Tues.	7:00-9:30 PM	B	FREE!

DANCE

BALLROOM DANCING - TUESDAY NIGHTS

The Costa Mesa Tuesday Ballroom Dance features live music with Betty's Trio and refreshments. Everyone welcome!

DAY	TIME	ROOM	COST
1st & 3rd Tues.	7:30-10:30 PM	MP	\$5.00/Night

BALLROOM DANCE

Professional dance instructor, Candy Davis, teaches dances such as the fox trot, cha-cha, waltz and more. No partner necessary.

DAY	TIME	ROOM	COST
Fri.	2:30-4:30 PM	MP	\$6.00/Day

HAWAIIAN DANCE (HULA)

Come exercise while learning the beautiful and graceful dance of the Hawaiian Islands. Instructor: Kuulei Fahilga.

DAY	TIME	ROOM	COST
Wed.	12:30-1:30 PM	MP	FREE!

FUN & GAMES

BINGO

Prizes consist of pastries, bread and \$1.00 grocery certificates. Each card is 25¢, 4 card maximum. You may bring your own cards, but must still pay to play.

DAY	TIME	ROOM	COST
Mon.	1:00-3:00 PM	MP	\$.25/Card
Thurs.	10:30 AM-2:30 PM	MP	\$.25/Card

BRIDGE, CONTRACT

Volunteer coordinator hosts Contract Bridge. No partner necessary, everyone welcome.

DAY	TIME	ROOM	COST
Tues.	10:00 AM - 2:00 PM	AC	\$1.00/Day
Wed.	10:00 AM - 2:00 PM	B	\$1.00/Day

BRIDGE, SOCIAL

Volunteer coordinator hosts Social Bridge. Everyone welcome. No partner needed.

DAY	TIME	ROOM	COST
Mon.	1:00-3:00 PM	M	\$.50/Day

BEGINNING PINOCHLE

Come learn to play the exciting game of Pinochle. No partner necessary and everyone is welcome.

DAY	TIME	ROOM	COST
Fri.	9:00 - 10:30 AM	M	\$.50/Day

PINOCHLE

Volunteer coordinator Luella Ottele hosts Pinochle. Everyone welcome, no partner necessary.

DAY	TIME	ROOM	COST
Tues./Fri.	10:30 AM-2:30 PM	M	\$.50/Day

TABLE TENNIS - PING PONG

Come and compete with this lively group. It's all in fun!

DAY	TIME	ROOM	COST
Wed.	2:30-5:00 PM	MP	\$1.00/Day



Classes & Activities

EXERCISE & FITNESS

AEROBICS

Conditioning activities to fit the personal health and fitness needs of older adults. Instructor: Kathy Andrus.

DAY	TIME	ROOM	COST
Mon./Wed./Fri.	9:00-10:30 AM	MP	TBA

BALANCE & MOBILITY

Designed to improve your ability to perform activities of daily living with greater ease and confidence and to reduce your overall risk for falls. You must register and be evaluated before attending class. Instructor: Becky Rigali.

DAY	TIME	ROOM	COST
TBA	TBA	TBA	TBA

FUNCTIONAL SENIOR FITNESS

Designed to maintain the ability to successfully perform activities of daily living and to improve or enhance functional capacity in terms of strength, flexibility, and posture. Instructor: Becky Rigali.

DAY	TIME	ROOM	COST
Wed.	1:00-2:00 PM	MP	FREE!

TAI CHI CHUAN (10 WEEK COURSE)

This class has step-by-step instructions for Tai Chi Qigong 18 movements and Yang-style Tai Chi Chuan level I, ten movements, emphasizing the importance of the regulation of breathing technique, body posture, and mind. The artistic movement to peaceful music will bring the mind and body to a state of harmony and tranquility. Beginners are welcome. Please wear comfortable clothing and low flat-soled shoes. (NO denim and NO flip flops allowed.) Instructor: Diana Wong.

DAY	TIME	ROOM	COST
Wed.	9:30-10:30 AM	MP	TBA

TAI CHI FAN (10 WEEK COURSE)

This class is a combination of Tai Chi Chuan movements and special fan techniques. Learn graceful Tai Chi fan forms to improve joint flexibility, strength, balance and health. Tai chi yin-yang principle and applications of movements will be explored. Students with some Tai Chi background are preferred but not required. Please wear comfortable clothing and low flat-soled shoes. (NO denim and NO flip flops allowed.) Instructor: Diana Wong.

DAY	TIME	ROOM	COST
Wed.	10:30AM-12:00 PM	M	TBA

SIMPLY LITE (10 WEEK COURSE)

This musically active class incorporates simple resistance exercises with walking patterns. This class is fun and easy and especially popular with those new to exercise. Instructor: Dawna Banse

DAY	TIME	ROOM	COST
Tues./Thurs..	9:30AM-10:15AM	MP	\$20/mo



JAZZERCISE

The world's largest dance fitness program. You'll DANCE with music. And while you're enjoying yourself, your body will be getting into the best shape it's ever been! **For information call Dawna Banse at (949) 642-8408.**

DAY	TIME	ROOM
Mon./Wed./Thurs.	6:00-7:00 PM	MP
Tues.	5:45-6:30 PM	MP
Sat.	9:00-10:15 AM	MP

CHAIR EXERCISE

This class is designed to bring more movement to the individual with arthritis, but it is also beneficial for anyone interested in relief from stiffness while improving mobility. The class will focus on restoring or maintaining joint range of motion and muscle strength in addition to improving posture and endurance. Instructor: Minh Dai.

DAY	TIME	ROOM	COST
Wed.	10:30-11:30 AM	M	FREE!

PILATES (6 WEEK COURSE)

Based on exercises and concepts developed by Joseph Pilates. The course will utilize mat work and will focus on exercises for improving body alignment, strength, coordination and breathing. Instructor: Keith Glassman.

DAY	TIME	ROOM	COST
Mon.	5:30-6:30 PM	B	\$50

LOW IMPACT AEROBICS

Designed to fit the personal health and fitness needs of older adults, but at a slower pace. Instructor: Becky Rigali.

DAY	TIME	ROOM	COST
Mon.	1:00-2:00 PM	MP	FREE!
Fri.	1:00-2:00 PM	MP	FREE!

YOGA CLASS

Professional instructor Elizabeth Markley teaches Hatha Yoga. This is a friendly and warm group. Wear comfortable clothing and bring two blankets and join in being healthy and happy.

DAY	TIME	ROOM	COST
Tues./Thurs.	10:45 AM-12 PM	B	\$10/Day

Center Classes & Activities

PERSONAL ENRICHMENT

PLAY READING

Sit around a table and play read with us. Shaw to Simon, "The Country Wife" to "Cat on a Hot Tin Roof." Everyone gets a part and a chance to participate, or if you want to sit in and listen. When we complete the reading, we analyze the quality, depth, and humor of the play while sharing a pleasant social experience.

DAY	TIME	ROOM	COST
Fri.	10:30 AM-12 NOON	AC	\$.50

POKER BASICS

An introduction to poker for new players and players who want to brush up on their strategy. Learn the basics of Texas Hold'em, 7 card stud, and 7 card Hi-Lo split. Instructor: Esther Weborg.

DAY	TIME	ROOM	COST
2nd & 4th Fri.	1:00-3:00 PM	C2	\$1/Day



ORANGE COAST COLLEGE
We'll help you get there.™

Orange Coast College Community Education is committed to providing outstanding Community Education programs for all ages and interests. Whether you're looking to boost your career skills, nurture your creative passions, or improve your health and fitness, we'll help you get there.

So explore your creative side. Polish your professional side. Find your healthier, happier side – for life. When you discover Community Education, you'll discover yourself.

BRIDGE BASICS

Katherine Watson We know for sure that playing bridge is the best way to keep those brain cells growing! Don't miss this opportunity to tune up your brain while having fun and meeting new friends at our hands-on bridge class. You will start at the very beginning and learn all you need to start playing on your own. A copy of Audrey Grants Bridge Basics 1 is included in class fee.

DAY	TIME	ROOM	COST
MON.	9:30 AM - 11:00 PM	C2	\$110

FAST, FUN FRENCH

Katherine Watson

Fun, fast-paced introduction and practice in pronunciation, phrasing and thinking in French for travelers and Francophiles.

DAY	TIME	ROOM	COST
Thurs.	7:00 - 9:00 PM	CZ	\$59

FRENCH CONVERSATION – INTER/ADV

Katherine Watson

Expand and broaden your knowledge of French language and culture by using intermediate to advanced level vocabulary and grammar to discuss and share ideas..

DAY	TIME	ROOM	COST
Wed.	9:30 AM - 12:00 PM	CZ	\$65



**WARMEST
HOLIDAY
WISHES**

**Senior Advisory
Committee**

Please check back next issue.

Computer Classes

COMPUTER LECTURES

ORANGE COAST IBM PC USER GROUP (OCIPUG)

The Orange Coast IBM PC User Group is a nonprofit organization of individuals who use personal computers based on the Windows operating system. The members have an interest in extending knowledge of computers and in providing computer-related community services.

OCIPUG holds its general meeting in Classroom #2 (C2) from 7:00 to 9:00 pm (or later) on the third Tuesday of each month unless the center is closed. The public is welcome to attend any of the general meetings at no charge.

OCIPUG publishes a monthly newsletter for members and has an Internet Web Site (www.ocipug.org) with a members section where an OCIPUG club member may pose questions and/or share information with other members. As part of OCIPUG community service program, members serve as instructors in the computer courses that are currently underway at the Costa Mesa Senior Center under the auspices of SeniorNet.

OCIPUG also conducts moderated Special Interest Groups (SIGs) at the Costa Mesa Senior Center in Classroom #2 (C2). Unless otherwise noted, the SIG meetings start at 7:00pm on each of the first four Tuesdays of each month when the center is open. These meetings last two to three hours and generally have a question and answer portion.

<u>DAY</u>	<u>SIG</u>
1st Tues.	The Internet & Networking
2nd Tues.	Windows Operating System
3rd Tues.	Hardware (Items in the computer) Note that this SIG starts at 6:00 pm
4th Tues.	Digital Content (Cameras, Scanning & Printing)

The public is welcome to attend any of the meetings at no charge.

COMPUTER CLASSES

COMPUTING MADE EASY (4 WEEK COURSE)

Start Date: January 2013

Very basic introduction to the computer. Find out what computing is all about. Learn to control your mouse. Instructor: Esther Gordon.

DAY	TIME	FEE
Fri.	1:00-3:00 PM	\$30 - ALL PARTICIPANTS

INTRODUCTION TO COMPUTERS (8 WEEK COURSE)

Start Date: January 2013

Learn about Windows XP procedures and useful hints. Create Word Processing, Database & Spreadsheet documents. Explore the World Wide Web and E-mail. Instructor: Leonard Robertson.

DAY	TIME	FEE
Fri.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*EXPLORING WINDOWS 7 (8 WEEK COURSE)

Start Date: January 2013

Modify your desktop to make it reflect your personality. Learn basic Windows procedures. Prepare your START menus and task bar for the way you want to work. Instructor: Ron Perkins.

DAY	TIME	FEE
Wed.	1:00-3:00 PM	\$50/60 - NON-MEMBERS

*E-MAIL/INTERNET (8 WEEK COURSE)

Start Date: January 2013

Sending and receiving E-Mail with and without attachments. Formatting your messages using basic word processing techniques. Setting up and using your Address Book. Organizing your mail box and filtering incoming mail, including junk mail (SPAM). Instructor: Frank Mastroly.

DAY	TIME	FEE
Tues.	1:00-3:00 PM	\$50/60 NON-MEMBERS

*MICROSOFT WORD 2007 (8 WEEK COURSE)

Start Date: January 2013

Tips and techniques to using Word, editing, character formatting & paragraph layout. Learning tabs and tables, headers and footers and spell-checking. Using the Task Wizard to create multiple personalized letters. Instructor: Ron Perkins.

DAY	TIME	FEE
Thurs.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*PRINTSHOP (8 WEEK COURSE)

Start Date: January 2013

Learn to create impressive print projects. Greeting cards, custom calendars, fliers, postcards, etc. Scan your own pictures into projects. Instructor: Bob Walker.

DAY	TIME	FEE
Tues.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*DIGITAL PHOTO EDITING (8 WEEK COURSE)

Start Date: January 2013

Make your photos really stand out. Cropping and editing photos. Stitch photos together to create panoramas. Special effects and colorizing photos. Instructor: Bob Walker

DAY	TIME	FEE
Thurs.	9:30-11:30 AM	\$50/60 NON-MEMBERS

*DIGITAL PHOTO EDITING - INTERMEDIATE

Start Date: January 2013

Learn to convert photos into color sketches and bring out the details in a dark portion of the photo. Colorize photos, restore damaged pictures, and replace selected parts of a photo. Instructor: Bob Walker

DAY	TIME	FEE
Mon.	9:30-11:30 AM	\$50/60 NON-MEMBERS

**Must have completed an introduction class.*

INTEREST GROUPS

SUPPORT GROUPS

Everyone Welcome

**Costa Mesa Senior Center
Social Services Department
(949) 645-2356**

AA Men's Support Group

DAY	TIME	ROOM
Tuesdays	8:00-9:30 PM	M

Caregiver Support Group

The Caregivers Support Group offers a comfortable and supportive atmosphere where caregivers can discuss issues and concerns and find ways to deal with day to day challenges of caregiving. This support group will help individuals with issues around: Balancing your life, how to manage stress, feelings of hopelessness and helplessness or depression. Become aware of caregiving/respite care resources and importance of self-care. Communicating with those who have similar issues and concerns.

DAY	TIME	ROOM
1st & 3rd Wed.	10:00-11:30 AM	C2

Diabetes Discussion Group

The Diabetes Discussion Group, facilitated by **Cheryl Lowes, R.N., P.H.N.**, provides support for diabetics and their caregivers. It focuses on topics such as dietary concerns, the complications of diabetes such as neuropathy, diabetic eye problems and the emotional barriers involved with having diabetes. Preventive techniques to avoid such complications are discussed.

DAY	TIME	ROOM
2nd Friday/Month	10:00 AM	AC

Transitions Support Group

Are you going through life's many changes? Grieving over a loved one? Loneliness? Relationship problems? Medical issues and health problems? There is a support group for those who need to vent. You will learn healthy ways of coping with issues that come up in your daily life. A variety of encouraging and enjoyable approaches are used to express ourselves. Please call Charu Mody, LCSW at (949) 645-2356, extension 24, to pre-register or register at the front desk in Social Services appointment book. (Same day appointments accepted.)

DAY	TIME	ROOM
2nd and 4th Tuesday	1:00-3:00 PM	AC

Senior Support Group

We don't grieve, we achieve! We have many activities such as potlucks, boat trips, etc. Come join in the fun. Let us help you become yourself again.

DAY	TIME	ROOM
Wednesday	1:00-3:00 PM	AC

SENIOR SERVICES DIRECTORY

AARP Member Choice(800) 439-4457
 ADA Helpline(800) 564-4232
 Angus Golf Group.....(949) 631-0734
 California Advocates for Nursing
 Home Reform.....(800) 474-1116
 City Hall(714) 754-5223
 Contractors State License Board(800) 321-5223
 Department of Consumer Affairs(800) 952-5210
 Department of Insurance.....(800) 927-4357
 Elder Abuse Hotline877-4-R-SENIOR
 877-477-3646
 Home Delivered Meals(714) 226-0550
 HICAP (Health Insurance Counseling
 and Advocacy Program for Medicare
 recipients)(800) 824-0780
 HUD Housing.....(714) 480-2800
 Legal Aid Society Hotline(800) 834-5001
 Medi-Cal(714) 575-2400
 Medicare.....(800) 633-4227
 MSI (Medical Service for the Indigent).....(714) 575-5858
 National Auto Safety Hotline(800) 424-9393
 National Fraud Information Center(800) 876-7060
 OC Social Service Agency
 (Cash Aid).....(714) 435-5800
 OC Social Service Agency
 (Medi-Cal and Food Stamps).....(714) 435-5900
OCTA- Access, Transportation(714) 636-7433
Office on Aging
 (Information/Assistance).....**(714) 567-7500**
 Ombudsman(714) 479-0107
 Pharmaceutical Manufacturers Assoc.(800) 762-4636
 Police Dept. Non-Emergency(714) 754-5280
 RSVP.....(714) 953-5757
 Senior Legal Advocacy Program.....(714) 571-5245
Social Security.....(800) 772-1213
 SOS Share Our Selves.....(949) 642-3451
 State Department of Managed
 Health Care and Complaint Hotline.....(800) 400-0815
 TDD Line.....(949) 645-8406
 Utility Reform Network.....(800) 355-8876
 Yellow Cab.....(800) 200-0000

CENTER SERVICES

Center Transportation

Medical Van
(949) 645-2356
ext. 19

Service Van
(949) 645-2356
ext. 23

Informacion en Espanol es Posible.

- No Fee.
- Door-to-Door Service.
- Available to Costa Mesa Residents.
- Minimum 50 years of age.
- Wheelchair accessible.
- May be accompanied by an assistant.
- Packages not to exceed limit of what can be carried on and off the Van by passenger in one boarding.
- Priority service for people with limitations.
- Availability basis only, to be determined by the van driver the day of service.

The Senior Center offers two Transportation Services

Made possible through the generosity of Hoag Memorial Hospital Presbyterian and the City of Costa Mesa.

MEDICAL-RELATED APPOINTMENTS

Carol - Van Driver

Hours of available service:

9:00-11:30 a.m. & 12:30-3:00 p.m.
(949) 645-2356 ext. 19.

ADVANCE RESERVATIONS REQUIRED

1. Call the Center one week or up to two weeks in advance between 8:00 a.m. and 5:00 p.m.
2. Leave a message with your name, phone number and transportation needs.
3. Your call will be returned and your medical related transportation reservation confirmed.
4. Must have a current CMSC membership.

SERVICE AREAS INCLUDE MEDICAL OFFICES IN SURROUNDING AREAS OF:

- Fountain Valley Medical Center
- Hoag Health Center (Beach & Adams)
- Hoag Memorial Hospital
- Kaiser Permanente (Beach & Talbert)
- Newport Medical Center (Fashion Island)
- Talbert Medical Center

ALL OTHER TRANSPORTATION NEEDS

Hours of available service: 7:45 a.m. - 3:45 p.m.
(949) 645-2356 ext. 23

NO ADVANCE RESERVATIONS REQUIRED

Call the same day you need service between 7:30 - 8:15 a.m. and make your 'same day' reservation. Our wheelchair accessible van service will provide transportation to the Senior Center for lunch, classes and senior activities. If time permits, the van service will provide transportation for grocery shopping, banking, hairdresser and other necessary trips.



Natalia Abgaryan-Gunter
Nutrition Site Manager
(949) 631-8171

Center Lunch Meals

Monday - Friday, 11:30 a.m.-12:30 p.m.

Please join us for a hot, nutritionally balanced meal with friends. We offer a variety of meals for a suggested donation of \$3.00 to those 60 years and over. Guests under 60 may enjoy a meal for \$5.00. *The Volunteer lunch receptionist can take your reservation daily between 10:00-11:30 a.m. in the Sunroom.*

Home Delivered Meals

Monday - Friday

We provide 3 nutritionally balanced meals daily to seniors who are homebound and have difficulty preparing nutritious meals. Meals are delivered by caring volunteers from the community. For more information, please call (714) 226-0550.

Volunteers

To help sustain and expand these two meal programs we are constantly looking for new volunteers who are willing and able to help serve and/or deliver meals to seniors. If you are interested in volunteering for either of these programs, please contact the Costa Mesa Nutrition Site Manager at (949) 631-8171.

Senior Community Services

Assistance for Seniors

The Orange County Social Services Agency manages two programs which aim to help senior citizens with fixed incomes remain at home.

Multipurpose Senior Services Program (MSSP)

This program provides a higher level of services to seniors who receive Medi-Cal and suffer from disabilities or health problems that make them eligible for placement in a nursing facility. The need may be chronic or short-term. Clients receive an assessment of their social and health needs, help planning for and arranging care, and regular visits from social workers and nurses. MSSP clients are usually eligible for IHSS.

For information on IHSS or MSSP, call **(714) 825-3000**.

Case Management

Professional personnel will assess the needs of frail and homebound seniors determining areas in which they need assistance in order to maintain independence. Seniors are then linked to community resources.

HUMAN SERVICE PROGRAMS

Health Screenings

Blood Pressure Clinic - *No appointment necessary*
Nurses are available to take your blood pressure reading.

<u>DAY</u>	<u>TIME</u>	<u>ROOM</u>
Tuesday	9:00-11:00 a.m.	AC

Preventive Health Care For the Aging

Cheryl Lowes, R.N., P.H.N.
(949) 645-2356 ext. 18



Health Screening

The preventive Health Care for the Aging Program offers basic health screenings for those over the age of 60 including: health history, blood pressure, height/weight, vision screening, urine screening, colo-rectal screening, hemoglobin and blood sugar testing, hearing testing, nutritional counseling, medication counseling and breast self-examination.

<u>DAY</u>	<u>TIME</u>	<u>ROOM</u>
Wednesday	9 a.m. - 2 p.m.	Health Clinic Upstairs
Every other Tuesday	9 a.m. - 2 p.m.	Health Clinic Upstairs
2nd & 4th Friday	9 a.m. - 5 p.m.	Health Clinic Upstairs

Information & Assistance

Costa Mesa Social Services Department

Charu Mody, Licensed Clinical Social Worker
(949) 645-2356, ext. 24. *Appointments and walk-ins welcome.*

Case Management

The Social Service Department will make necessary referrals for frail and homebound seniors to maintain independence. Referrals include: reassurance calls, friendly visits, home delivered meals and home care assistance.

Counseling

Social worker available to provide supportive counseling and therapy to seniors in the process of adjusting to losses related to various issues of housing, employment, finances and relationships. Home visits are also scheduled to evaluate needs of homebound seniors.

Financial Counseling

First Wednesday of each month at 9:00 am - 12 noon. Call the front desk for an appointment.

Health Insurance Counseling Advocacy Program

(HICAP) Need help making sense of Medicare, HMOs, health insurance, long term care, or billings? Counselors are available to help you make sense of it all. Call for an appointment.

<u>DATE</u>	<u>TIME</u>	<u>ROOM</u>
1st Thursday	9:30 a.m.-12:30 p.m.	AC
3rd Thursday	9:30 a.m.-12:30 p.m.	AC

Legal Counseling with an Attorney

- *Call for an appointment.*
An attorney will counsel and advise clients on legal matters.



<u>DAY</u>	<u>TIME</u>
2nd & 4th Thurs./month	5:00-7:00 pm

Medical Equipment Loan Program

This short-term loan program provides equipment which includes: canes, crutches, walkers and wheelchairs.

Community Friendship

*A loving word, a kindly deed,
A helping hand in time of need,
A bit of praise, a bit of cheer.
We at the Center, have missed
you here.*

*Our thoughts and get well wishes
go out to those we've missed.*

*The celebration of life continues in
the memories of those we have loved.
We send our sincerest sympathy to
those who have experienced a loss:*

Tips For The Holiday Season

The holidays are a wonderful time, full of love, family, celebration and joy. But if you are caring for a family with a memory impairing disease, a trip to the shopping mall, holiday party or weekend away can become exhausting and stressful. Caregivers tend to feel guilty or nervous if they have to leave a loved one in someone else's care while they attend to personal business. They face more serious holiday burn-out issues than their non-caregiver relatives and friends. These are things caregivers can do to reduce holiday stress:

- Take time to assess your loved one's needs and address safety issues.
- Take an inventory of both the refrigerator and cupboards. Are food items fresh or are dates expired? Are nutritious food choices available?
- Inspect medications. Are prescriptions current? Does your loved one know the correct dosage and what the medication is for? Are all medications from the same doctor? List the names of medications and doctors who prescribed them.
- Look closely at the home. Is the home safe or are repairs needed? Is it clean or is it cluttered? Are newspapers piling up or is mail left unopened? Are the bills being paid?
- Seriously consider if it is still safe for your loved one to drive, especially into crowded parking lots during the holiday season. If not, investigate alternative transportation.

According to statistics provided by the Alzheimer's Association, six out of 10 people with Alzheimer's disease will wander and become lost. Most people wouldn't think of leaving a child at home alone. Is an adult with Alzheimer's any different? Even if your loved one has not been diagnosed, there are warning signs that should not be ignored. Some of these may include:

- Lack of concern for appearance, hygiene and sleep
- Asking the same question over and over
- Appearing restless, often agitated
- Difficulty remembering names of people close to them
- Trouble handling routine financial affairs
- Signs of paranoia or delusions

If your loved one is exhibiting any of these signs, enlist the help of a Geriatric Care Management professional. Following a thorough assessment, recommendations will be made for care options to allow your loved one to remain at home in a safe environment, or to move into an assisted living community.

Many families may not be aware of a special service called respite care. Respite care is part-time and/or overnight care on a temporary basis for your loved one. It can be for several hours, a whole day, a weekend or longer. Respite affords caregivers and their families a little extra time and a lot less stress. A night out at a party, attending a concert, an afternoon of shopping for holiday gifts or a short vacation are once again a joy because the burden of care is removed.

There are various models for respite. In-home respite care is the most popular. A trained caregiver comes to the home and gets to know the family routine including handling medicines, eating habits, and safety and environmental conditions. He or she then returns as needed for temporary support of the family caregiver. Respite is also available away from home and specialized communities where the care receiver can stay for a day, or even a few weeks.

A good reason to consider respite at an assisted community is the ease of moving a loved one into a permanent situation at the conclusion of their short-term stay. One of the most difficult aspects of a move into assisted living is the drama of communicating with a memory-impaired loved one about a permanent change. A respite visit feels like a vacation at first, for both the resident and the family caregiver. Often the resident decides it would be nice to stay longer, making the transition simple if that's what the family wants to happen.

This holiday season, remember to take care of yourself as well as your aging loved ones. Give yourself the invaluable gift of peace of mind.



TRAVEL AT A GLANCE

PRESENTATION



BERLIN & PRAGUE

January 10, 2013 at 10:30 a.m.
Arts & Crafts Room (upstairs)

TRAVEL INFORMATION - (949) 645-1032

Phyllis Daugherty – TRAVEL CHAIRMAN

Travel Desk Hours

Mondays through Thursdays

9:00 a.m. until 3:00 p.m.

Fridays - 9:00 a.m. until noon

DAY TRIPS

Trudie Mann

January 23, 2013 - Wednesday

DIANA: LEGACY OF A PRINCESS

Aboard the Queen Mary, a collection of a life time. Cherished memorabilia of Princess Diana and the royal family, includes lunch at Bucca di Beppo Italian Restaurant. **Members: \$71; Non-members: \$76**

February 19, 2013 - Tuesday

TASTE OF L.A. TOUR

We eat our way through LA. We visit different neighborhoods and sample the local delicacies. Olvera Street, Little Tokyo, Chinatown, lunch at Tam O'Shanter Inn. **Members: \$81; Non-members: \$86**

March 27, 2013 - Wednesday

DESCANSO GARDENS & NORTON SIMON MUSEUM

Board the tram for a guided tour through a spectacular array of flowers in bloom. Lunch at Soup Plantation, then on to Norton Simon Museum. **Members: \$64; Non-members \$69**

When we cancel Day Trips it's because we don't have enough people sign up. Several individuals have mentioned they didn't sign up because they knew it would be cancelled. However, if they did, we would have had enough participants to go on the trip. So please, SIGN UP and let's make some memories!

Thank you, Travel Desk

GAMBLING TRIPS

Beryl Daniels

January 15, 2013

SAN MANUEL INDIAN CASINO

2000 state-of-the-art slot machines, 99 poker & blackjack tables. \$10 back in slot play. **Members: \$20; Non-members: \$25**

February 25, 26, 27, 2013 – Monday-Wednesday

EDGEWATER HOTEL, LAUGHLIN

All rooms completely renovated, 1 free buffet, and Laughlin funbook. **Members: \$99 dbl., \$119 sngl.; Non-members: \$104 dbl., \$124 sngl. SPACE AVAILABLE**

LONG TRIPS

Phyllis Daugherty

May 2 - May 9, 2013

BERLIN & PRAGUE

Enjoy a Berlin city tour, Dresden city tour, and Prague city tour and much more. 8 Days – \$2,895 per person dbl., \$3,395 per person sngl.



THEATRE

Marjie White

December 13, 2012 - Thursday

SHOWTIME CABARET LUNCHEON THEATER

Holiday Parade of Stars (idols of the 50s & 60s). Held at the Castaways in Burbank.

Lunch included.

Members: \$82

Non-Members: \$87



MEMBER SERVICES

November and December Membership Birthdays



Dorothy Albrecht
Art Baird
Robert Bell
Margaret Birnbaum
Betty Boyer
Gayle Bright
Marty Bright
Evelyn Brinley
Virginia Bruner
Dennis Bucher
Opal Burggraff
Caezilia Burnside
Frances Burton

Chris Clyde
Sahara Cookson
Marilyn Cross
Dorothy Curran
Phyllis Daugherty
Joann Dawson
Alma De La Torre
Ramona DeCroix
Sally Di Mino
Darlyne Dibs
Felix Duatin
Louise Elliott
Rodriguez Esperanza
Rosalind Estrada
Geraldine Evans
Dick Fox
Marie Francois
Elizabeth Frazzitta
Gil Frieze
James Fulton
John Goddard
Dorothy Goeman
Elaine Goliff

Mary Gonser
Esther Gordon
Lois Haddad
Margaret Hannum
Patricia Henderson
Charlotte Higuera
Helen Hinchley
Barbara Hoffman
Donna Hollister
Mary Hornbuckle
Emil Horvath
Maxine Huber
Kimie Jewell
Connie Johnston
Dolores Kaiser
Reiko Kitahata
Fred Kleinman
Roberta Kleinman
Louisa Knowles
Janet Lee Krochman
Michael Kuchta
Harold Laughlin
Betty L'Eclair

Rosemary Lee
Nancy Licata
Carole Lionberger
Margaret Lord
Frank Mastroly
Nick Matyas
Gary Moore
Charles Moreno
Mary Morey
Helen Morse
Dolores Nevins
Loretta Owens
Arnold Payne
Diane Pettibone
Virginia Pheasant
Kathleen Powers
Ingrid Quitt
Harold Reed
Marie Reynolds
Margaret Rinehart
Eddie Rivera
Marion Rodgers
Linda Romig

Mary Roseberry
Jim Schabarum
Virginia Serrano
Ali Sharp
Mary Siens
Gloria Sliney
Norman Snow
Hooshang Soltani Tabrizi
Grace Sorce
Lou Jean Stead
Dorothy Stephenson
Siegfred Surber
Carmen Taylor
Carol Thenell
Jimmie Thompson
Sandi Waite
Patricia Walters
Esther Weborg
Florence Wecklich
Robert Weygand
Jeanette Wilson
Marguerite Wolcott
Guity Yashar

We have many seniors who attend the Center regularly, playing bingo or bridge, and some who attend art and aerobics classes, and others who just come and have a cup of coffee, grab a loaf of bread, but never become actual members.

These people do not enjoy the benefits of membership they could have for a yearly fee of \$20 that includes the following:

- ▶ Bi-monthly issues of "The Chronicle" mailed ONLY to members.
- ▶ Discounts on activities and events, such as the Luau and holiday parties.
- ▶ Discounts on computer classes.
- ▶ Discounts on travel trips.
- ▶ Membership card with emergency information for your protection.

Make your visits to the Costa Mesa Senior Center more meaningful by becoming a member and actually getting involved in all of the exciting activities currently underway. Fill out the form below or request a form at the Front Desk.

YES! I want to join the Costa Mesa Senior Center!

☐ New Member ☐ Renewal ☐ Updated Information

ANNUAL MEMBERSHIP: JULY 1, 2012 - JUNE 30, 2013

☐ \$20 Single ☐ \$35 Household
☐ \$35 Single - 2 years ☐ \$55 Household - 2 years

LIFETIME MEMBERSHIP: ☐ \$200 Single ☐ \$350 Household

Remit Completed Form To:

Costa Mesa Senior Center
695 W. 19th Street
Costa Mesa, CA 92627

Member Name: _____ Birth Date: _____

Member Name: _____ Birth Date: _____

Street Address: _____ City: _____ State/Zip: _____

Home Phone: (____) _____ Emergency Contact: _____ Phone: (____) _____

Class Opportunities

Personal Enrichment

Braile Institute
English As A Second Language
Gerontology
Life History Writing
Memory Fitness
Regional Geography
Sign Language

Volunteer Program

Creative Workshops

Beginning Watercolor
Cooking for 1 and 2
Crochet
Island Crafts
Knitting Group
Painting
Play Reading
Scrapbook Making

Health & Fitness

Advanced Chair Aerobics
Aerobics
Balance & Mobility
Balance Maintenance
Functional Senior Fitness
Jazzercise
Low Impact Aerobics
PACE
Pilates
Simply Lite
Stretch Class
Tai Chi Ch'uan
Tai Chi Fan
Yoga Classes

Music & Dancing

Ballroom Dance Class
Ballroom Dancing
Hawaiian Dance (Hula)
Hawaiian Singing

Computers

Computers Made Easy
Computer Lectures
Digital Photo Editing
E-Mail/Internet
Exploring Windows XP
Introduction to Computers
Microsoft Word
Printshop


Fun & Recreation

Beginning Pinochle
Bingo
Bridge, Contract
Bridge, Duplicate
Bridge, Social
Movies & Popcorn
Pinochle
Poker Basics
Table Tennis

Social Services Programs

Blood Pressure Clinic
Health Screening
Medical Equipment Loan Program
Case Management
Counseling
Financial Counseling
HICAP
Legal Assistance
Tax Assistance

AA Men's Support Group
Caregiver Discussion Group
Diabetes Discussion Group
Neuropathy Support Group
Take Control Group
Transitions Support Group
Home Delivered Meals
Lunch Program
Senior Lunch Box
Brown Bag Grocery Program



Adults & Children

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Surgery, Diseases & Injuries of the Foot & Ankle

Newport Superior Medical Plaza
 1501 Superior Ave., Suite 304
 Newport Beach, CA 92663
 (949) 642-2329



www.gloriainhomeservices.com
 Alzheimer/Dementia Experts

MARIO RAZO
 MARKETING MANAGER

Phone: (949) 371-7425
 (760) 221-5875
 (562) 621-5185
 E-mail: Gloria@gloriainhomeservices.com

Services Provided:

- Live-in/Hourly Basis
- Errands & Transportation
- Laundry/Housekeeping
- Bathing/Grooming
- Meal Preparation
- Companionship

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LIVING BETTER THAN EVER

1455 Superior Avenue • Newport Beach • CA 92663
 P 949.645.6833 • F 949.642.1131

Sue Fractman • Community Relations Representative
 sfractman@leisurecare.com
 www.leisurecare.com • LIC# 300607363

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949.272.6383
 NMLS #582982

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 (949) 645-5389



**Having trouble hearing?
 Don't understand what people are saying?**

**CONTACT CLEAR CHOICE HEARING TODAY!
 WE HAVE SOLUTIONS FOR YOU.**

WHY CHOOSE US?

- **100% Invisible** • **100% Digital Hearing Aids**
- **FREE** life-time Hearing Screening, Cleaning, Programming, and we offer a **100% 60-day money back guarantee**

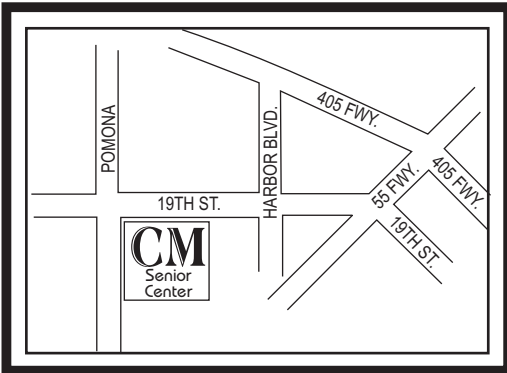
Financing Available

Clear Choice Hearing Aid Center
(949) 650-5990
 230 East 17th Street, Suite 170
 Costa Mesa, CA 92627

695 West 19th Street
Costa Mesa, CA 92627
(949) 645-2356
RETURN SERVICE REQUESTED

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STANDARD
US POSTAGE
PAID
SANTA ANA, CA
PERMIT NO. 4125

*Time Dated Material
Please Deliver by
NOVEMBER 5, 2012*



The Costa Mesa Senior Center is conveniently accessible from the San Diego (I-405) freeway, the Costa Mesa (I-55) freeway, and Pacific Coast Highway (Rt.1). It is also minutes away from the Orange County John Wayne Airport.

Available on the City and Senior Center websites:
www.ci.costa-mesa.ca.us
www.costamesaseniorcenter.org

Printed through the courtesy of the City of Costa Mesa

Center Telephone Numbers

Costa Mesa Senior Center

695 W. 19th St., Costa Mesa, CA 92627
(949) 645-2356 Fax (949) 645-4804

Monday - Friday, 9:00 a.m. - 5:00 p.m.

Center Transportation

(949) 645-2356 ext. 23 - General Services
(949) 645-2356 ext. 19 - Medical Related

Gift Shop Hours

Monday - Friday, 9:00 a.m. - 3:00 p.m.

Travel

(949) 645-1032

Community SeniorServ

(949) 631-8171

The Center, a unique location for your special event.

Benefits

- ◆ A variety of rental options available
- ◆ Competitive pricing
- ◆ Convenient location
- ◆ Select the caterer of your choice

Features

- ◆ 5,900 square foot multipurpose room including stage
- ◆ Attractive contemporary decor
- ◆ Beautiful patio area
- ◆ Trained and gracious staff
- ◆ Full service kitchen
- ◆ Ample parking for all your guests

Appointments: Please call (949) 645-2356